Ottawa metro

Your essential daily news | WEEKEND, JUNE 10-12, 2016

High 21°C/Low 11°C Sunny

STANFORD

OUTCRY OVER CAMPUS RAPE SENTENCE

metroNEWS

'Take the hazard away'

Stiffer careless-driver penalties an important step, say Ottawa cycling advocates

metroNEWS

EMMA JACKSON/METRO

Museums struggling for funds

HERITAGE

Visits are up countrywide, membership is down

Haley Ritchie
Metro | Ottawa

Canadians are visiting museums more often but they aren't interested in memberships, according to data the federal government is looking at to determine the state of the museum in 2016.

On Thursday, the standing committee on Canadian Heritage began a study looking at the challenges facing museums and non-profit art galleries across the country. The study includes federal museums — there are six, and four are in Ottawa — as well as small and medium facilities.

Challenge No. 1 for most museums, unsurprisingly, is money.

"They're challenged to fundraise because they can only charge so much for admission fees and are essentially a public good," said Cynthia Thornley, an official at Canadian Heritage.

Thornley shared the findings of a new survey of 2013 data. She said 72 per cent of Canadian museums are over 40 years old and many are badly in need of repairs.

Visits to museums and art galleries in person are up 21.6 per cent from the last survey conducted in 2011, meaning an additional 7.6 million people visited a museum or art gallery in 2013. Visits to museum websites are up 32 per cent.

Despite the additional visitors, Canadians don't seem to want to commit: Memberships to museums and galleries were down 64 per cent.

metro NEWS
Your essential daily news

South African firefighters in Fort McMurray strike over low pay. **Canada**

Evoking summer camp nostalgia

Rich Aucoin plays Glowfair June 18. CONTRIBUTED

BACKSTAGE PASS

Rich Aucoin excites crowds with kooky shenanigans

Trevor Greenway
Metro | Ottawa

Rich Aucoin doesn't mind when people listen to his music for free. He practically gives it away.

The Nova Scotia-born indie pop crusader has sent over 20,000 rabid Aucoin fans links to his entire music catalogue — every single dance hit, every indie disco beat and every jovial pop ballad the multi-instrumentalist has ever created, all for free.

Aucoin understands the Internet and he knows if the college 20-somethings and the stubborn, savvy millennials aren't willing to pay for tunes, they won't have trouble finding it for free.

"People are going to find a way to listen to it and the choice of whether they want to pay for it is up to them," says Aucoin.

"I just want to make it really easy if someone does want to listen to my music, but doesn't want to pay for it. I am more than happy to give it to them."

Handing his music out for free has given Aucoin a new level of exposure, reaching fans who just happened to catch his cell phone number off a giant screen at one of his shows – and once they hear his music, they stick around.

It has also given Aucoin a new way to connect with fans on a micro level, as he fully engages in text banter and small chit-chats. There aren't too many artists out there who advertise their personal cell phones on a giant screen and invite fans to connect with them.

But this is just part of the fabric that makes up Aucoin as a person and an artist. If you've ever been to an Aucoin show, you know the level of engagement that the fun, frivolous musician cooks up on stage. Whether it's showing viral videos on screen, shooting off confetti into the masses or tossing a giant parachute into a bouncing crowd and packing as many people underneath it as he can, Aucoin knows how to bring the fun. He's like your favourite camp counsellor who used to cook up all the shenanigans in the cabins when you were a kooky adolescent.

Aucoin knows exactly what makes his fans tick, and that makes his shows a damn hit every time. And it's not just the live shenanigans that are good — Aucoin's music is some of the best party jams you'll likely ever hear.

Aucoin brings his signature style and his engaging show to Glowfair June 18.

5 THINGS TO DO IN OTTAWA THIS WEEKEND

Sweet treats, fast flyers and two dog festivals — cancel your trip to the cottage

Haley Ritchie
Metro | Ottawa

1 Westboro Fuse

Westboro's brand new festival is ready to "ignite the streets" this weekend with a free three-day block party on Richmond Road. You'll definitely want to see Aeriosa — a dance troupe that will be performing on the side of tall buildings Saturday and Sunday as well as fire dancers on Saturday. **A full schedule is posted at westborofuse.com.**

2 DessertFest

The latest edition to Ottawa's growing food fest contingent, DessertFest bills itself as "the ultimate cheat day." If you have a real sweet tooth it might be worth buying a ticket, $13 at the door or $10 online in advance. Once inside a sheet of coupons to spend on desserts will cost you $20. **The two-day festival will be set up for Saturday and Sunday in Aberdeen Pavilion.**

3 Italian Week

Italian Week kicked off on Thursday and continues all the way into next week. That means lots of time for music, food, art and cars. **A full schedule is up at italianweekottawa.ca.**

4 Deadly Skies

The War Museum is opening a new exhibition on Saturday – "Deadly Skies" explores war in the air from 1914 to 1918. The exhibition takes a personal approach, following the lives of nine people through artifacts and a graphic novel-style presentation. **Adult admission is $15 and children's admission is $9.**

5 Byward Bark-et and The Dog Festival

Ottawa is going to the dogs this weekend with two pooch-themed parties at the RA Centre on Saturday and Sunday, and the Byward Market on Sunday between 11 a.m. and 5 p.m.

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Up-and-coming hop-penings

THE BOTTLENECK

Jordan Duff

The Canadian Brewing Awards were held at the end of May in Vancouver. Local brewers Tooth & Nail Brewing and Covered Bridge Brewing both medalled and the 2017 competition/conference will be held here in Ottawa.

Father's Day is fast approaching (June 19) so Beau's Brewery is offering $10 bus tickets to bring your old man out to the brewery on the big day.

Plus, Beau's Oktoberfest early bird tickets are now on sale until Father's Day. So far the musical lineup will include 54-40 and Born Ruffians.

Speaking of Born Ruffians, they've also teamed up with Muskoka Brewery to release RUFF Draught tropical blonde ale.

Is your pops a beer guy? Another gift option is a $50 guided beer tasting at Brother's Beer Bistro or a June 18 guided tasting at the Diefenbunker (for $55) – both are put on by Ottawa Beer Events.

Whitewater Brewing Company in Forrester Falls turned three. Cake and beer to celebrate.

It's Ontario Craft Beer Week (ocbweek.ca), so Steam Whistle has a couple of Craft Beer Trivia events: Bowman's Bar & Grill (June 13, 7-9 p.m.) and D'Arcy McGee's (June 16, 6:30-8:30 p.m.)

Dominion City Brewing Co. has begun selling tickets for their second Dominion Day celebration, held July 1.

Brew Donkey is offering four free special Craft Change brewery tours (two in July and two in August) to celebrate new travel industry regulations that will reduce red tape and make it easier for similar tour companies to do business. Seats will go fast!

AFTERMATH

Expect two weeks of chaos thanks to giant sinkhole

Morning traffic jammed around a busy intersection of downtown Ottawa and "closed" signs remained in restaurant windows, as construction crews continued fixing a massive sinkhole on Thursday.

Little more than 24 hours after the gaping hole opened up on Rideau Street and Sussex Drive, the city still didn't have the answers. And it won't for a while.

"We don't anticipate having an answer to that question — what's the cause — in the next couple of days," said Mayor Jim Watson. "It will be in the next couple of months."

Construction crews will be working on the site for at least another week, possibly two, as they fix the 40-metre-wide-by-28-metre-long hole. At least that section of Rideau Street will be stronger than ever. So far, crews have dumped almost 2,700 cubic metres of concrete — almost 300 trucks' worth — into the sinkhole.

The Rideau Station cavern was not affected by the collapse. Meanwhile, the Rideau Centre opened early Thursday, but closed its restaurants as a precaution because the city posted a boil water advisory.

Crews managed to restore hydro and natural gas to all buildings and businesses in the area.

City manager Steve Kanellakos said he was planning to meet with the CEO of Rideau Transit Group (RTG), the consortium building the LRT line, on Thursday afternoon. As the investigation continues, RTG will cover the repair costs because the sinkhole opened up on its construction site.

LUCY SCHOLEY/METRO

Michel Kiwan, manager of First Choice Locksmiths in Hintonburg, is the owner of a van swallowed Wednesday by an Ottawa sinkhole on Rideau Street. He stands at his workplace next to machines similar to the ones he lost in his van. An employee was on the scene with the van, and was not hurt. DYLAN C. ROBERTSON/FOR METRO

'I have the van, man. I might lose the van!'

SINKHOLE

Man watched as chasm swallowed up his vehicle

Dylan C. Robertson
For Metro

Michel Kiwan says his insurance company was stunned when he called to let them know a sinkhole on Rideau Street had swallowed his black van.

"I told them to go online and look at the sinkhole. She said: 'Oh no, don't tell me this was your van!'" Kiwan, the manager of First Choice Locksmiths in Hintonburg, told Metro.

One of his technicians was on a call at a nearby jewelry store when he parked in what Kiwan says was a loading zone. Kiwan said the visit was going smoothly — until the technician left the store.

"When he got outside, he felt something like the ground shaking a little bit," Kiwan said. "He called me, and said, 'I have the van, man. I might lose the van!' I said, 'What are you talking about?' He said: 'Yeah, we might lose the van. There's a hole in the ground.' And I said 'What? Send me pictures.'"

A firefighter told the technician not to risk driving the car. Kiwan watched his van on television and kept getting photos from his technician, until the van finally plunged into the hole.

Kiwan has seen tweets suggesting the car was illegally parked. "People can say whatever they want," he says, pulling up Google Streetview to show a sign indicating there is a two-spot loading zone.

Kiwan is critical of city officials for letting water spew for so long, suggesting less pavement might have caved if they acted faster. By his count, it took an hour and a half for officials to stop the water.

"They couldn't do it until the whole thing was destroyed," Kiwan says. "Imagine if something had fallen into the water? Or to save someone?"

He pulls up a video from social media that shows his floating van circling the sinkhole before plunging downwards. "It's like a toilet."

Kiwan says he bought the brand-new van in August 2014. On Wednesday, the van was full of locksmith equipment like drills and jigsaw pliers, but nothing personal. He estimates he's lost $35,000, but his insurance company said to expect full coverage.

"The most important is that nobody got injured. Material can be replaced."

Commute impacted

Emma Jackson
Metro | Ottawa

As many as 50 OC Transpo passengers narrowly escaped the same fate as the sinkhole van, now encased in concrete five metres below Rideau Street.

General manager John Manconi said a "fully loaded" bus went through the Rideau and Sussex Drive intersection "minutes before" a gaping hole opened up on the road around 10:40 a.m. Wednesday.

Future passengers shouldn't worry; the hole has been filled with 2,700 cubic metres of concrete, so the new surface will be about as fortified as roads come.

But drivers and bus users still face a headache for the next two weeks until the street is fixed.

Eight bus routes that usually travel down Rideau — 1, 2, 4, 7, 9, 12, 14 and 18 — have been detoured to Mackenzie King Bridge.

To keep backups to a minimum, general traffic won't be allowed on the bridge during peak hours, Manconi said.

Rideau Street was already closed to cars for light rail construction, but parts of Sussex, Wellington, Elgin and Colonel By have also been shut down for the emergency repairs.

Manconi said the longest OC Transpo delays on Thursday morning were about 10 minutes.

It's not clear what impact the sinkhole will have on light rail construction, or if the tunnel boring happening 24 metres below might have caused the failure in the first place.

Boom concrete pumps fill the sinkhole on Thursday.
JUSTIN TANG/THE CANADIAN PRESS

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SENATE SCANDAL

Ethics boss resumes her look at 'the Wright examination'

Federal ethics commissioner Mary Dawson has quietly resumed her investigation of former Stephen Harper chief of staff Nigel Wright over his secret $90,000 payment to Sen. Mike Duffy.

Her annual report, tabled Thursday in Parliament, says "the Wright examination was resumed in early June 2016."

It provides no further explanation.

Wright was at the heart of a protracted scandal that rocked the former Conservative government, but he was never charged with an offence.

The commissioner suspended her investigation of the former right-hand-man to the prime minister in June 2013 amid an RCMP investigation that resulted in 31 criminal charges against Duffy, including an allegation that the Harper-appointed senator had accepted a bribe.

A judge earlier this spring cleared Duffy of all charges in a scathing judgment that pointed the finger at the Prime Minister's Office.

Justice Charles Vaillancourt ruled in April that Duffy was "just another piece on the chessboard" and described the behaviour of senior PMO staff as "unacceptable in a democratic society."

Wright, who resigned from the PMO and returned to private life in May 2013, was not charged with offering a bribe to Duffy, although he acknowledged cutting a personal cheque to the senator in order to pay off the contested expense claim.

The federal ethics commissioner can investigate allegations of wrongdoing under the Conflict of Interest Act and the conflict of interest code for members of the House of Commons, but is largely toothless beyond naming and shaming miscreants.

THE CANADIAN PRESS

Nigel Wright
JUSTIN TANG/THE CANADIAN PRESS

Cyclists applaud tough driving bill

QUEEN'S PARK

New measure would stiffen penalty against careless drivers

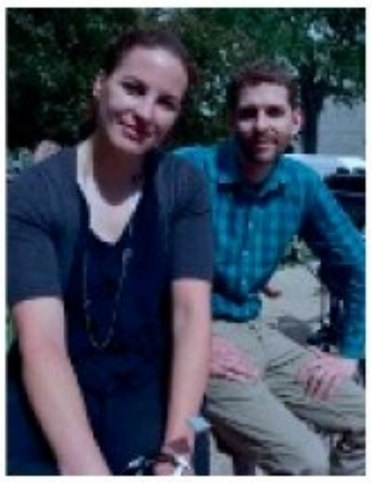
Emma Jackson
Metro | Ottawa

Ottawa cycling advocates say stiffer careless-driving penalties are just "one fairly small" part of keeping cyclists safe.

Burlington MPP Eleanor McMahon tabled a private member's bill in the Ontario legislature Thursday to impose tougher penalties on careless drivers who seriously injure or kill someone.

Under the Highway Traffic Act, a careless-driving charge right now can yield a maximum $2,000 fine and six months in jail.

McMahon's amendment would create a new category, careless driving causing death or bodily harm, that would increase the maximum penalty to $50,000 and up to two years behind bars.



Heather Shearer and Gareth Davies EMMA JACKSON/METRO

The issue is a personal one: McMahon's husband was killed while cycling in 2006 by a driver whose licence had been suspended five times before. He was sentenced to 100 hours of community service and had his licence suspended again.

Ottawa cyclist Heather Shearer, a long-time volunteer with Citizens for Safe Cycling, said the amendment, if it passes, is a positive step.

"It's important that the penalty at least has some reflection of the severity of what happened," Shearer said.

But there's more to road safety than just upping the penalties for one aspect of the law, said Citizens for Safe Cycling president Gareth Davies.

For instance, hit-and-run penalties are generally less severe than drunk driving charges, so drivers — especially those who have been drinking — are "de-incentivized" to stay at the scene, Davies said.

And building segregated bike infrastructure is a key part of making sure human errors don't turn deadly.

"Just take the hazard away, if you can," Shearer said.

The group, also known as Bike Ottawa, has long advocated for the city to speed up its cycling master plan, which will build $70 million worth of bike infrastructure by 2031.

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Clark reveals past sex assault as teen

BRITISH COLUMBIA

'I knew all too well why women stay silent.... I've been one of them'

Matt Kieltyka
Metro | Vancouver

B.C. Premier Christy Clark
THE CANDIAN PRESS

British Columbia Premier Christy Clark has revealed she was sexually assaulted as a teenager.

In a Vancouver Sun op-ed published Thursday, Clark outlined the reasons her government supported a bill by Green Party MLA Andrew Weaver requiring post-secondary intuitions to establish and implement sexual misconduct policies.

Clark said her own personal experience shaped her decision to support the bill and is now talking about it for the first time.

"As I sat in my chair on the floor of the legislature, it struck me: I knew all too well why women stay silent. For over 35 years, I've been one of them," Clark wrote.

Clark said she was 13 and on her way to a restaurant job in Burnaby when the assault took place.

"It was a sunny day, and I was walking to work at my first job. A man suddenly jumped out, grabbed me and pulled me out of sight into a deep copse of shrubs," Clark wrote.

"He didn't say anything. I don't even remember what he looked like. I remember wondering where he had come from, and why I hadn't seen him. And I remember being very scared.

"When he pulled me down the little slope, it must have shifted him off balance. He loosened his grip for a moment, giving me a chance to wriggle away.

"Once I got out into the sunlight, I ran like the wind."

Clark said she has never told anyone about the assault until recently because she was ashamed and didn't want to make people uncomfortable.

"I suppose I felt that if I hadn't been physically hurt, people would think I was self-absorbed, overly upset about something that was just part of life for my half of humanity," she wrote. "Over the last few weeks, I've shared this story with female friends and colleagues. Almost every single one of them also had a story. Like me, none of them had said a word."

She hopes Weaver's bill will help other victims report their assaults to authorities and get the support they need.

"Sexual violence is common. Unfortunately, so is staying silent about it. Our silence makes it easier for those who wish to harm us."

A group of South African firefighters work to uproot a tree as they mop up hot spots in an area close to Anzac, outside of Fort McMurray on June 2. AFP/GETTY IMAGES

Fire crews to get fair pay: Premier

Ryan Tumilty
Metro | Edmonton

Alberta Premier Rachel Notley said her government was "disturbed" to learn South African firefighters were being paid so little for their work on the Fort McMurray fire and her government will now ensure they are paid better.

"I can say right now that every hour that every firefighter from South Africa or anywhere else has worked on these fires will be compensated in accordance with our laws," Notley said Thursday.

According to Work on Fire — the South African organization that oversees them — the 300 firefighters who arrived in Alberta in late May were receiving just $15 per day while on the ground, with an additional $35 per day to be paid to them when they returned home.

Notley said this is a dispute between the company and its workers, but added people working in Alberta have to be paid higher wages.

The NDP have committed to pushing Alberta's minimum wage to $15 per hour by 2018.

"It's not acceptable to me and to my government that we would have people working for wages in our province that do not align with our labour laws," she said.

According to Notley, the government's contract paid the organization $170 per day, per fighter, and also covered, food, transportation and lodging for the workers.

After the pay dispute emerged Thursday, the firefighters stood down from their work in Fort McMurray. The company Work on Fire said it was working on the issue and its crew will return to South Africa.

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Obama endorses Clinton

U.S. ELECTION

Move an attempt to ease Bernie Sanders toward exit

The endorsement, via web video, included a forceful call for unity and for "embracing" Sanders' economic message, which has fired up much of the party. THE ASSOCIATED PRESS, GETTY IMAGES

Testifying to Hillary Clinton's grit and experience, U.S. President Barack Obama endorsed his former secretary of state's bid to succeed him on Thursday and urged Democrats to line up behind her. It was all part of a carefully orchestrated pressure campaign aimed at easing Clinton rival Bernie Sanders toward the exit and turning fully to the fight against Republican Donald Trump.

Obama's long-expected endorsement, delivered via web video, included a forceful call for unity and for "embracing" Sanders' economic message, which has fired up much of the liberal wing of his party. Obama sought to reassure Democrats that Clinton shares their values and is ready for the job.

"Look, I know how hard this job can be. That's why I know Hillary will be so good at it," Obama said. "I have seen her judgment. I have seen her toughness. I've seen her commitment to our values."

Obama's testimonial came less than an hour after the president met privately with Sanders at the White House to discuss the future of Sanders' so-called political revolution — one that will not include him taking up residence at the White House. Sanders emerged from the meeting subdued and indicated he had gotten the message.

Although he stopped short of endorsing Clinton, the Vermont senator told reporters he planned to press for his "issues" — rather than victory — at the party's July convention and would work with Clinton to defeat Trump.

"Needless to say, I am going to do everything in my power and I will work as hard as I can to make sure that Donald Trump does not become president of the United States," Sanders said, standing in the White House driveway with his wife, Jane, at his side.

Clinton declared victory over Sanders on Tuesday, having captured the number of delegates needed to become the first female nominee from a major party. Her late and somewhat sputtering victory set off a blitz of private phone calls and back-channel negotiations, all aimed at sussing out Sanders' demands, easing him out of the race and putting the full-court press on Trump.

Obama's endorsement and Sanders' visit were the public culmination of that work.

The careful choreography was part of the Democrats' attempt to show some respect to Sanders, even as they steered the long-time senator toward the campaign off-ramp.

THE ASSOCIATED PRESS

SOCIAL MEDIA

Clinton and Trump have one thing in common: Both are working to woo Sanders supporters. The two took to Twitter to tangle Thursday.

Trump responded to Obama's endorsement by tweeting: "Obama just endorsed Crooked Hillary. He wants four more years of Obama — but nobody else does!" The Clinton campaign tweeted back: "Delete Your Account."

SEXUAL ASSAULT

Stanford rape case grips U.S.

With outcry growing against those who stood by a former Stanford University swimmer who sexually assaulted an unconscious woman, a childhood friend and a high school guidance counsellor have apologized for writing letters of support urging leniency for Brock Turner.

The case against the one-time Olympic hopeful has gripped the country. Taking into account more than three dozen letters from character witnesses, Santa Clara County Judge Aaron Persky sentenced Turner to six months in jail and three years' probation for attacking the 23-year-old woman. Turner will serve only three months behind bars.

Defendants can solicit letters of support for judges to consider. One of them came from Kelly Owens, a guidance counsellor at his former high school.

She regrets writing the letter and acknowledged it was a mistake, her school district said in a prepared statement Wednesday. THE ASSOCIATED PRESS

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metro VIEWS

Your essential daily news

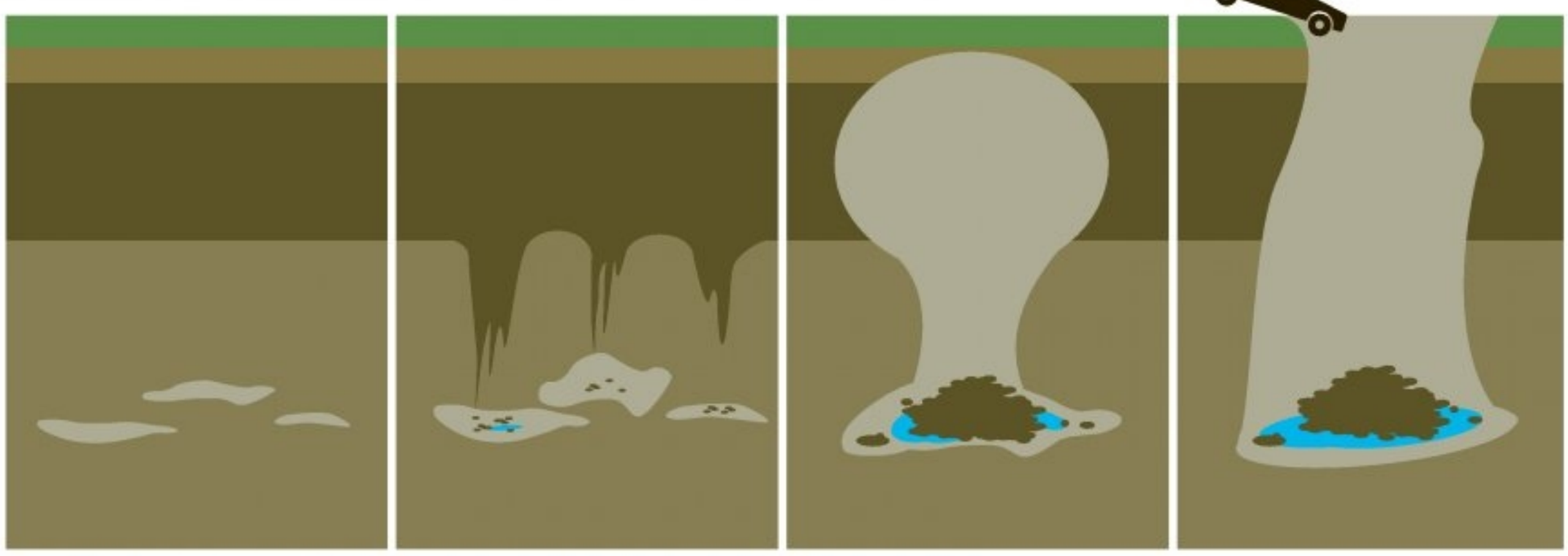
SCIENCE SAYS Weekend, June 10-12, 2016

ONE SHOT
An experimental vaccine triggers antibodies to several influenza strains — a step toward the dream of a one-time, forever flu shot.

DECODED Sinkholes

WHAT WENT DOWN ON RIDEAU STREET?

Sinkholes that open up vast chasms in the ground — sometimes big enough to swallow cars, houses or even three-storey buildings — may seem like Mother Nature throwing a massive tantrum. But there's a science to how they form. **Here's how it works**.



HOW NATURAL SINKHOLES WORK

Sinkholes can form in lots of ways. They're especially common in areas where the bedrock contains bases like **calcium carbonate**, which react with **acid** in rainwater and groundwater. Ontario's abundant **limestone** is calcium carbonate.

Water seeps into the rock's nooks and crannies, dissolving it and opening up a cavern underground that may not be visible above.

When it gets big enough and close enough to the surface, the "roof," often made of clay or soil, can cave in, sometimes quite quickly and dramatically.

Presto: Sinkhole!

DID YOU KNOW?

Rainwater reacts with carbon dioxide in the air to form carbonic acid. **The acid in turn reacts with the calcium carbonate in the rock to form calcium bicarbonate, which dissolves easily in water**: That's how the rock is "eaten away." Incidentally, carbonic acid is also formed when carbon dioxide is dissolved under pressure in the tasty sugar-water-flavour solution we call soda pop!

SINKHOLES: OFTEN OUR FAULT

Human activity is often to blame for sinkholes: pumping of groundwater, construction of sewer lines, mining. A disturbance that prevents surface water from being able to drain away, causing it to collect underground, could be a recipe for a sinkhole. Under a downtown street in Ottawa this week, a water main broke, but it's not yet clear if the break caused the sinkhole, or the reverse.

GRAPHICS: ANDRÉS PLANA/METRO

CITIZEN SCIENTIST by Genna Buck

What happens to your body when you fast?

I don't eat or drink from dawn to sunset during the month of Ramadan. Is it bad for me? — Reena, Vancouver

First of all, Ramadan kareem! I hope you have a great holiday season. Secondly, good news: For most healthy adults, short-term fasting is considered safe, and, as observant Muslims know, pregnant and nursing women, small children, and people too sick or frail to fast are exempted.

Anybody with a medical condition like diabetes needs a doctor's OK before fasting.

But even non-diabetics can feel the effects of low blood sugar during fasting. Your body's first-choice energy source is glucose from carbs. Without it, you can adapt by burning fats and proteins, but some people experience shakes, weakness, and a touch of brain fog even so.

You may have also heard fasting is good for you. As usual, it's complicated. It's NOT true fasting "detoxifies" the body. You have a liver. You have kidneys. That's what they do!

Also: Fasting, somewhat contrarily to common sense, might not help you lose weight. Studies show most people lose a couple pounds during Ramadan, but gain it back two weeks after. Some even report weight gain, possibly from holiday feasting and over-compensating at night.

It's been known for decades that many animals live much longer if they're kept on a very low-calorie diet indefinitely, and it seems that intermittent, regular fasting for a few days a month has the same benefit. But the phenomenon is not as well-established in monkeys or humans.

There has been research showing people who fast periodically have markers of physiological health, like less tummy flab and more stem cells in the blood. But there isn't convincing evidence any kind of fasting helps you live longer as compared to a healthy, balanced diet (she writes with a sigh of relief).

Science Question? Tweet @genna_buck

FINDINGS
Your week in science

PUBLIC ENEMY #1
History's biggest villain is very tiny. A new analysis of DNA from 178 people buried in mass graves suggests just one strain of Y. pestis, the bacteria that causes bubonic plague, caused European pandemics of the sixth to 18th centuries, including the Black Death. In the 19th century, it spread to Asia and around the world.

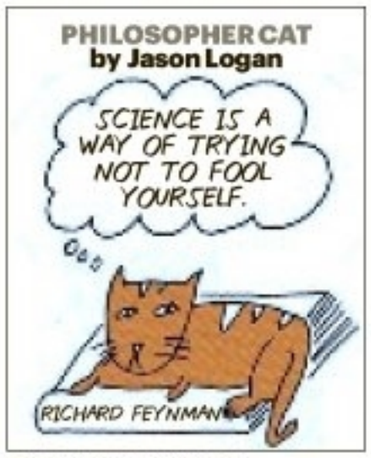
SLACKING: OFF
A University of Waterloo team has designed a wearable gadget to keep people working at standing desks from spending too much time on social media. Sites like Facebook and Twitter stay locked unless the person is in an uncomfortable position, like a lunge. The hope is that burning quads will deter employees from slacking off.

SOUND SMART

DEFINITION
Ketosis is the state you go into when you break down fat instead of carbohydrates for energy, often because of a very low-carb or low-calorie diet. Ketosis causes elevated levels of **ketones** (byproducts of fat metabolism) in your blood. It can develop into a serious illness in people with diabetes, but for others, ketosis can be useful, including to treat obesity and epilepsy.

USE IT IN A SENTENCE
"After a few days eating only meat and lettuce, you'll go into **ketosis**. It makes some people's breath smell fruity."

PHILOSOPHER CAT
by Jason Logan



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metro WEEKEND
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MOVIES MUSIC TELEVISION DIGITAL

ALS awareness movies

Lou Gehrig's Disease gained a lot of attention in summer 2014 when everyone began doing the Ice Bucket Challenge. But as celebrated as that chilly viral campaign was, many people still don't understand the devastating effects amyotrophic lateral sclerosis (ALS) has on an increasing number of sufferers. As June is ALS Awareness Month, Metro looks at four films that aim to help unmask this mysterious malady. **Steve Gow** FOR METRO

CLAY TWEEL
"Without seeing these challenges, without experiencing them in a way that film engages its viewers, it would be easier for the public to ignore the plights of ALS patients and their families."

COURTESY SUZANNE ALFORD; ALL OTHER PHOTOS CONTRIBUTED

Gleason (coming out Aug. 12)

In this upcoming documentary, director Clay Tweel takes a stirring look at former NFL star Steve Gleason, 39, who was diagnosed with ALS in 2011. The film focuses on the football player's health struggles and his determination to leave a personal journal of the battle to his newborn son.

"It's a story of the triumph of the human spirit," said Tweel recently prior to the film's August release. "Hopefully our film will be a part of driving audiences to enact real change in the search for a cure or for more advanced technology to aid victims."

The Theory of Everything (2014)

He's perhaps ALS's most famous figure but Stephen Hawking has also been its most resilient. As Oscar-winning actor Eddie Redmayne demonstrated in this biopic about the famous physicist, the destructive neurodegenerative affliction may paralyze the body, but the mind is very much dynamic. Hawking has even lived over 50 years with the disorder.

Jason Becker: Not Dead Yet (2012)

A guitar protégé in the late '80s, Jason Becker quickly became an internationally-renowned virtuoso until the determined star was diagnosed with ALS — just weeks after David Lee Roth hired him as his guitarist. Twenty years on and Jason's not only alive but creating music.

The Pride of the Yankees (1942)

A year after the baseball hero's death, Gary Cooper played sports legend Lou Gehrig in this cinematic tribute to the Yankees' star (which ALS was named after). A multi-Oscar nominated film, The Pride of the Yankees may not have demonstrated the full brutality of the disease, but it was surely the first to expose it to the mass audiences.

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THE CONJURING 2

Demon-hunting duo is back

Patrick Wilson and Vera Farmiga portray real-life husband-and-wife demonologists Ed and Lorraine Warren in the supernatural thriller The Conjuring 2. CONTRIBUTED

If self-described "demonologists, ghost hunters and kooks" Ed and Lorraine Warren didn't really exist, Hollywood would have invented them. In addition to investigating 10,000 cases of paranormal activity, they founded the New England Society for Psychic Research, authored three books about their ghostly exploits and were the proprietors of Warren's Occult Museum in Monroe, Conn.

Patrick Wilson and Vera Farmiga played them in 2013's The Conjuring. Based on a real-life haunted house in Rhode Island, it comes complete with slamming doors and the smell of rotten meat.

Directed by Saw co-creator James Wan, it's a mashup of The Exorcist and a particularly unnerving episode of Ghost Hunters. The demon-hunting duo are back in theatres in The Conjuring 2. This time they're looking into the Enfield Poltergeist incident. Instead of a ghost in a house, malevolent spirits possess young children who speak in strange voices and levitate.

"I've known about them since I was pretty young, back in high school," Wan says of the Warrens.

"I was fascinated by what they did and who they are. I've sort of kept them in my peripheral all these years, and I've always thought their life stories would make a very interesting movie."

The Conjuring films aren't the only supernatural cases the Warrens investigated that went on to get the big-screen treatment.

Annabelle, a 2014 prequel to The Conjuring, proves you can't keep a good doll down. It tells the story of Annabelle, that movie's creepy, possessed dolly before she was safely locked away in Warren's Occult Museum.

The Warrens' much-documented Carmen Snedeker situation gave us The Haunting in Connecticut. In a disturbing flick that breathes the same air as any movie involving evil spirits, a haunted house, an old aboriginal cemetery or former insane asylum, evil forces torment the Snedekers after they move into a converted funeral home in Southington, Conn.

In the real-life 1986 event, the Warrens were called in and declared the Snedeker house to be crawling with demons, the result of former funeral home workers practising necrophilia.

How accurate was the movie?

"I was also told about scratching on the walls, blood and séances," Lorraine told MyRecordJournal.com. "That isn't the type of thing ... occurring within the house at all. The movie is very, very loosely based on the actual investigation."

RICHARD CROUSE/METRO

Koneline not a pushy environmental film

DOCUMENTARY

Filmmaker aims to touch audience with art, not dogma

Steve Gow
For Metro

The documentary Koneline: Our Land Beautiful is often misrepresented by the media, but that's just fine with filmmaker Nettie Wild. She wouldn't want the movie to fit into a neat little box, anyhow.

"A lot of the media, because they have a short amount of time to grasp the story and even shorter amount of time to write it, it all comes down to Indians versus miners," said Wild of her acclaimed environmental epic.

"You just go, 'Man, I just spent four years actually trying to loosen that paradigm up.'"

Instead, Wild focuses on the dynamic "cinematic poetry" of the remote Tahltan territory in northern British Columbia where the impact of arriving mining interests and their infrastructure are affecting First Nations, environmentalists and the drillers and miners in equal measure.

In fact, the stunning movie's polemically absent approach is surprising audiences enough to earn Wild the top prize at North America's largest documentary film festival, Hot Docs — with its artistic take on environmentalism and the surprising contradictions that lie at the heart of such matters.

"There's just a hell of a lot of rhetoric flying around and I think it's dangerous," explained Wild of the perils of pushy, alienating environmental messages in movies.

> **There's just a hell of a lot of rhetoric flying around and I think it's dangerous.**
> Nettie Wild

"I figured the one thing I could contribute was art and that it's possible if you can create a sensuous, visceral experience for people they might get something that they're not getting through the rhetoric."

It's not that Wild doesn't feel there is a place for activism in cinema.

In fact, her previous films — like the award-winning A Rustling of Leaves — have taken her to the front lines of armed rebellions and native blockades. But Wild is also convinced that the times, they are a-changin'.

"I think people are so tired of the doom and gloom scenario," stated Wild.

"I'm hoping that in these times, this idea of using a different way of storytelling is going to resonate and it's going to touch more people and it's going to pull diamond drillers and linemen into the cinema as well as people who see themselves as environmentalists."

The Tahltan First Nation in Northern B.C. describe their territory as Koneline (pronounced ko-nuh-lee-nay), which means 'our land beautiful. From top left: Oscar Dennis runs his dogs across Tahltan territory; The ecstasy of stickgambling; Dancing with the North West Transmission Line.
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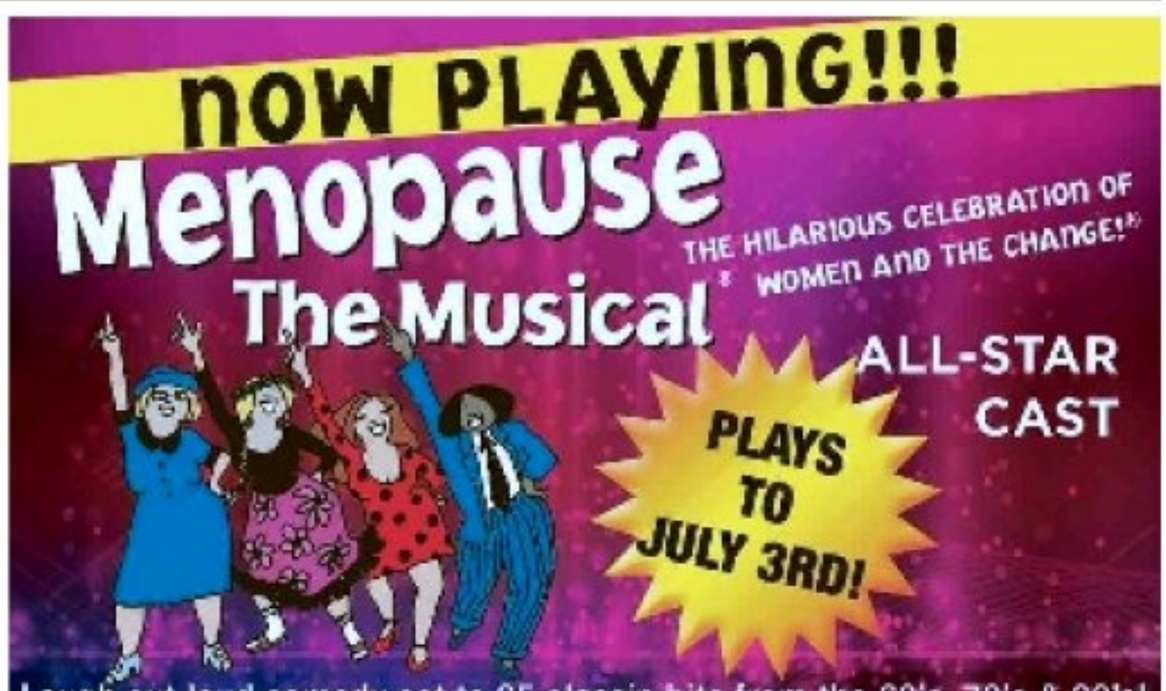

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A few novel experiences

Just as certain books can leave strong impressions on us, so too can the experience of travelling to new places — and sometimes it is the books we read that inspire us to seek out new faces and landscapes. Canadian author, journalist, travel writer, essayist and critic Bert Archer shares the novels whose words propelled him to travel to the destinations where the stories took place.

Bert Archer
For Torstar News Service

The novels Bert Archer has read have taken him everywhere, including small fishing villages in Newfoundland.
BERT ARCHER/FOR TORSTAR NEWS SERVICE

Buenos Aires

I'm sitting in the window of my friend's Manhattan apartment, down for a visit from U of T, just into my 20s. Someone left a paperback on the floor by Silvina Ocampo. It's a collection called Leopoldina's Dream.

It's late morning, the sun just catching my toes as I wedge myself in. By the time I put the book down, there's a glare in my eyes, my feet are numb. I've never read anything like Ocampo's genteel characters and living rooms, seeded with dark strangenesses that sprouted off the pages to infest my own twilit room.

Though I never felt moved to read more of her work, I knew I had to go to Buenos Aires, the city that formed this remarkable voice.

By the time I finally made it, the spell Ocampo had cast had taken root. When I stopped by chance into Cafe La Biela, saw the pictures behind the bar taken by Ocampo's husband, watched people on the terrace as they watched people streaming to the Recoleta Cemetery, and stumbled on Ocampo's grave, it no longer seemed she had made much of her strangeness up.

Paris

Though it's not unusual for a book to move you, books that physically propel you are rare. But when they do, they can do so powerfully, obsessively.

I had been to Paris already when I read Cyril Collard, for instance. But the city in Condamné amour and Les nuits fauves convinced me I hadn't really seen it. These novels about a young, good-looking bisexual man with AIDS drew out a Paris of prejudice and passion, of West African banlieues and North African lovers, a Paris that still throbbed with the sorts of stories I'd seen embalmed in the Tuileries.

I went back to Paris five years later, and on that as on every subsequent trip back, it's Collard's Paris I've visited.

Norway

Norway didn't occupy even a corner of my consciousness before starting to read Karl Ove Knausgaard's My Struggle. But the personal and emotional specificity that's the heart of the memoir spilled over into the geography and hooked me.

So I took the Hurtigruten, a hybrid of a ferry and a cruise ship, down the Norwegian coast to see as many of the sorts of small towns that he described growing up in as I could. They were sombre and well cared for, the people a hybrid themselves of prosperous and rural, everything imbued with and encompassed by Knausgaard.

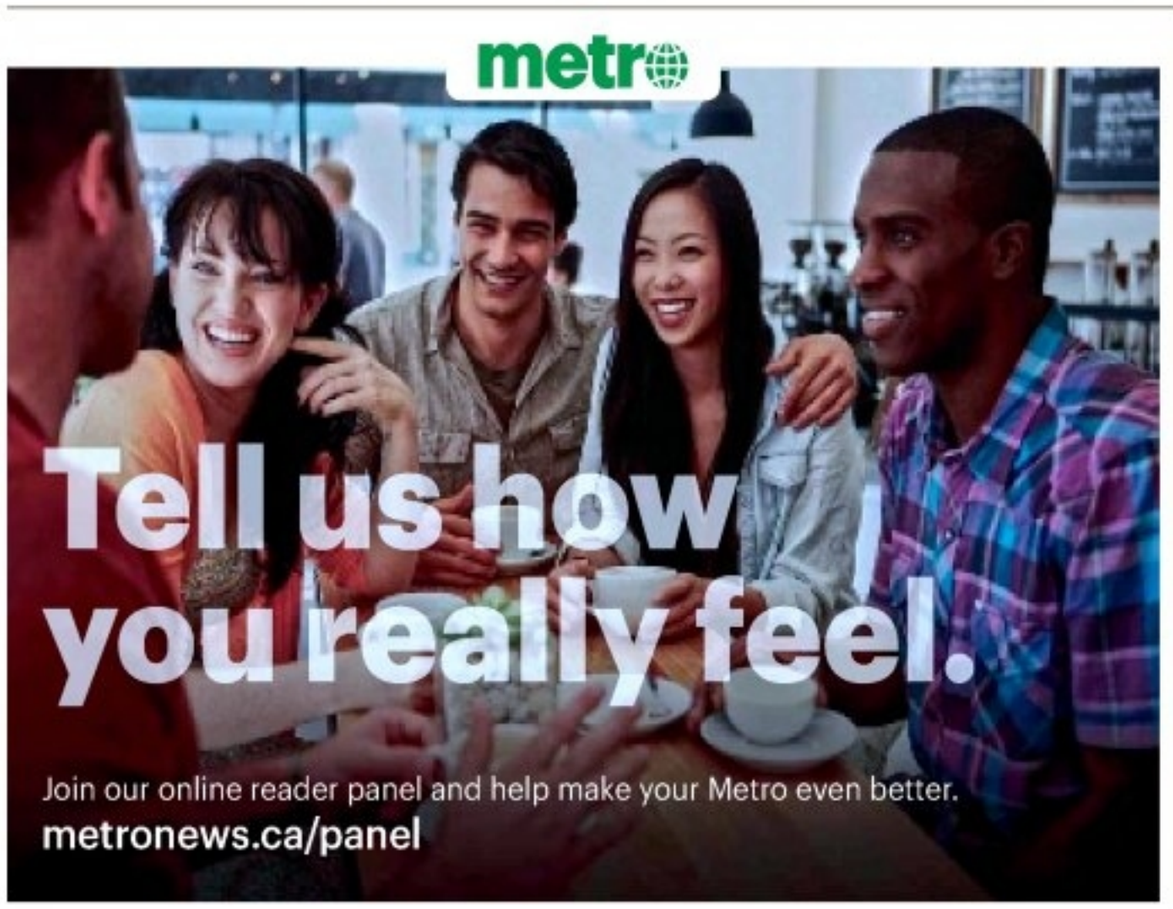
Newfoundland

Newfoundland literature fishes in very deep seas, creating a plenitude of its own out of the Winters (Kathleen and Michael), Lisa Moore, Ken Babstock, George Murray, Elisabeth de Mariaffi.

But the one book that set the place in my head like no other was Michael Crummey's Galore.

His epically idiosyncratic portrayal of outport life drew me to spend most of my week's trip last June in the smaller towns of the Avalon Peninsula, places such as St. Bride's and Plate Cove West, with a tour company appropriately named Wildlands.

After seven days, Galore seemed a lot less fictional than it had.



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"I have to put that aside": NFL MVP Cam Newton says he is moving on from the dab — the TD celebration he performed last season

Showing no mercy

NBA FINALS

Last-minute drama absent with victors winning big

It's been the post-season of blowouts.

The NBA Finals has been no different. There was a 63-point turnaround from Game 2 to Game 3 in the span of about 72 hours.

Try to make sense of this: The Cleveland Cavaliers had their entire roster available to start Game 2 of the NBA Finals and wound up losing that game to the Golden State Warriors by 33 points. So in Game 3, with starting forward Kevin Love limited to watching in the locker-room while he continues recovering from a concussion, the Cavaliers won by 30.

This sort of wild back-and-forth isn't just rare, it's unprecedented.

"At the end of the day, no matter if you lose by 30 or one, it's just one win," Cleveland star LeBron James said after the Cavaliers' 120-90 win on Wednesday night in Game 3. "You have to be able to have a short mind and also learn from the mistakes that you made in the previous game and just try to better yourself in the following game."

That was Cleveland's mandate going into Wednesday's game.

The task now falls to Golden State heading into Game 4 on Friday night.

After losing Game 2 by 33 points, the Cavaliers bounced back in Game 3 on Wednesday night to beat the Warriors by 30 points. Golden State leads the NBA Finals 2-1. JOE MURPHY/GETTY IMAGES

LESS SPLASHING
Stephen Curry and Klay Thompson are shooting 31-for-77 (40 per cent) from the field and 16-for-45 (36 per cent) from three-point range in the series.

This is the first time since 1965 that there's been two 30-point margin of victories in the NBA Finals — and the first time ever that teams have both won and lost games by 30 in the title series. There hadn't even been an instance of a team winning one game by 20 and then losing the next by 20 since the Chicago-Seattle series in 1996.

Again, try to make sense of that. It's not just this series — these playoffs are on pace for the highest average margin of victory that the NBA has ever seen. In theory, a matchup of the Eastern Conference and Western Conference champions should at least occasionally have some moments of drama in the final minutes.

So far, that's nowhere to be found in this series.

"The only change is just playing hard," said Cleveland coach Tyronn Lue, who wasn't going to spell out any specifics of anything related to the new ideas gleaned out of the Cavaliers' strategy sessions on Monday and Tuesday.

THE ASSOCIATED PRESS

CANADIAN CHAMPIONSHIP

Whitecaps tap big boys to oust Fury

Coach Carl Robinson turned to his veterans to protect the Vancouver Whitecaps' pride.

Striker Octavio Rivero scored a pretty goal in the 52nd minute to put an exclamation point on a Vancouver comeback as the Whitecaps defeated the Ottawa Fury 3-0 Wednesday night to advance to the final of the Amway Canadian Championship.

The Whitecaps won the two-game aggregate semifinal series 3-2. They will defend the Voyageurs Cup they won last year against Toronto FC in the final. The Fury are members of the NASL which is one tier below MLS, where both Vancouver and Toronto play.

Pedro Morales and Nicolas Mezquida also scored for Vancouver who led 2-0 lead at half time.

> **We were well and deservedly beaten.**
> Fury coach Paul Dalglish

Robinson had dressed a young lineup in last week's 2-0 loss to the Fury in the opening match of the semifinal in Ottawa. This week he made eight changes and dressed a veteran group with plenty of MLS experience.

"When you're 2-0 down you put your bigger boys on," said Robinson. "Of course there is pride on the line.

"We were very professional today. We didn't want to go out in the semifinals. It's our cup. We want to try to defend it."

Ottawa coach Paul Dalglish said the step up in talent was immediately evident.

"My eyes aren't painted on," he said with a smile. "I think it was very easy to see the difference in class.

"They were brilliant tonight. You see the difference in quality." THE CANADIAN PRESS

IN BRIEF

Nadal to miss Wimbledon
Rafael Nadal pulled out of Wimbledon on Thursday, citing the left wrist injury that forced him out of the French Open.

The two-time Wimbledon champion said on his Facebook page that he made the decision after consulting with his doctor and receiving his latest medical results.

THE ASSOCIATED PRESS

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Pog-boom or bust?

EURO 2016

THE WAIT IS OVER

France not relying on star midfielder to be all-world

French fans pinning their hopes on Paul Pogba being the talismanic midfielder leading them to European Championship glory on home soil may have to bank on someone else.

Among the world's best and valued at 100 million euros, Pogba shines for Juventus with driving runs and spectacular goals, but rarely plays with such panache for France because coach Didier Deschamps prefers him in a far more disciplined role.

"People expect too much from Paul," Deschamps said. "People can't accept any middle ground ... but he's not going to score three goals every game."

France traditionally relies upon No. 10 playmakers for its success.

Zinedine Zidane scored two goals in the 1998 World Cup final when France beat Brazil 3-0, and the current Real Madrid coach also inspired France to reach the 2006 final. Host France won the Euro in 1984, with Michel Platini scoring nine goals in five games.

But the 23-year-old Pogba is not the same category of player.

"He is useful to the team because he's a midfielder, not a No. 10," Deschamps said, putting it bluntly.

> **He's not here to bring the crowd to their feet every time he's on the ball**
> Didier Deschamps

The paradox between Pogba's dynamic performances for Juve - 20 goals in the past two seasons — and his less expansive play for France is as striking as his inventive, razor-crafted haircuts.

His last goal for France was two years ago, and his return of five in 31 matches is substandard for a vastly talented player who is strong in the air and has a superb long shot.

Much of that is down to Deschamps, the relentlessly hard-working midfield captain from France's victorious World Cup and Euro sides of '98 and 2000.

"(Pogba's) technical ability is well above average," Deschamps said. "But he's not here to bring the crowd to their feet every time he's on the ball."

Such a statement will hardly have French fans salivating ahead of Friday's opener against Romania, but Deschamps wants Pogba to play more safely.

When France beat Cameroon 3-2 in a recent friendly, Pogba was criticized for pushing up too much and leaving France's defence exposed. He played far better in last weekend's 3-0 win against Scotland, hitting the post with a free kick, but lacklustre Scotland offered no threat.

France's other Group A opponents at Euro 2016 are Albania and Switzerland, meaning Pogba faces little competition in midfield until the knockout stages.

Better sides such as Germany and Spain are lethal on the break when teams lose possession, meaning that Pogba's urge to push up and dribble his way out of trouble could prove problematic.

That's why Deschamps talks about "middle ground" when speaking about Pogba, because his aim is not to make him stand out but to use his considerable abilities for what's best for his team.

THE ASSOCIATED PRESS

5 MUST-SEE EARLY MATCHES

FRANCE-ROMANIA
Friday, **Paris**

This opening match will be heavy with emotion at a national stadium which was a target for suicide bombers last Nov. 13.

France will be determined to show it is a nation and national team united and stars like Pogba and speedy forward Antoine Griezmann can help ensure the post-match focus is about events on the field.

ALBANIA- SWISS
Saturday, **Lens**

There has never been an international match like this.

Brothers in opposition, players with club ties, and possible futures together with another national team (Kosovo) post-tournament.

Each team has a Xhaka brother — Taulant for Albania and his younger brother Granit for the Swiss— who will be the first-ever brothers in opposition at a Euros.

ENGLAND- RUSSIA
Saturday, **Marseille**

A prime-time fixture could launch a young England team into Europe's most watchable.

Few would bet on the club full of Premier Leaguers to win it all, but some might wager on them playing in the most exciting match.

Russia helped light up Euro 2008, and needs to put a dull Fabio Capello-coached era behind it.

SPAIN- CZECH REP.
Monday, **Toulouse**

Does two-time defending champion Spain still have it?

Spain's aura of invincibility vanished two years ago, when an aging team was the first eliminated at the 2014 World Cup.

Coach Vicente del Bosque remains but the loyalty he showed some players in Brazil is over judging by his squad selection.

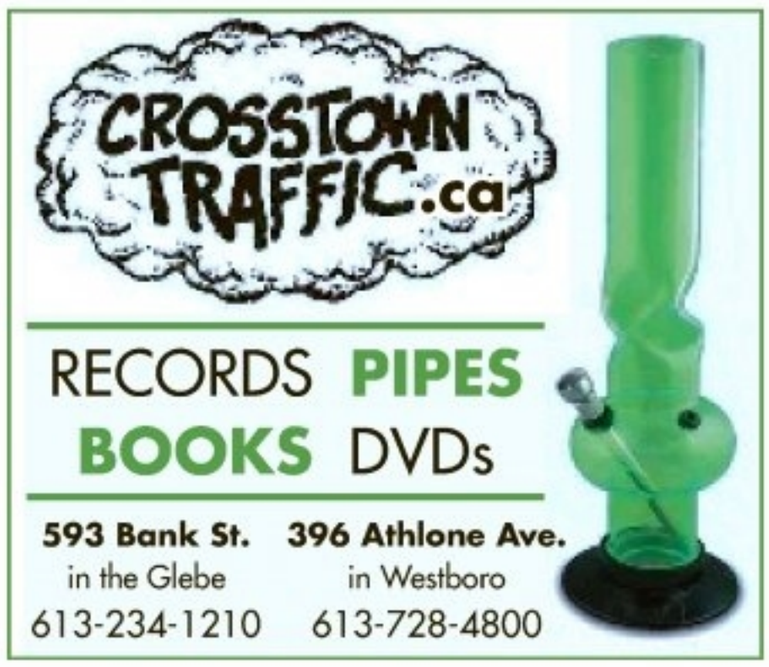
BELGIUM- ITALY
Monday, **Lyon**

Europe's top team in the FIFA rankings against the perennial title hopefuls.

No. 2-ranked Belgium has been a fashionable choice for years with its golden generation of players.

Star players like Eden Hazard have much to prove and the Italians are an essential chapter of every tournament's story.

THE ASSOCIATED PRESS



RECIPE Avocado Egg Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This recipe omits mayonnaise making it a healthier option but don't worry about missing your favorite condiment because the addition of creamy avocado makes this egg salad next level delicious.

Ready in
Prep time: 5 minutes
Cook time: 15 minutes

Ingredients
- 3 hard boiled eggs
- 2 avocados, pitted
- 1 Tbsp Greek yogurt
- 1 tsp lemon juice
- 2 Tbsp chives, chopped fine
- 1/4 tsp Dijon mustard
- salt and pepper to taste
- 4 to 6 slices whole grain bread

Directions

1. Place eggs in cold water and place your pot over medium high heat. Bring the water to a boil, place a lid on pot, take off the heat and set your timer to 12 minutes.
Rinse the eggs under cold water to cool them down enough to peel. Remove the shells. Roughly chop the boiled eggs.

2. In a large bowl, mash up your ripe avocados. They don't have to be a purée, just break them down into chunks.

3. Add the chopped eggs, lemon juice, chives, Dijon and give it all a good mix. Taste a bit and see how much salt and pepper you want to add.

4. Spread your mixture on sandwich bread and anything else you like - tomatoes, lettuce, sliced cucumber.

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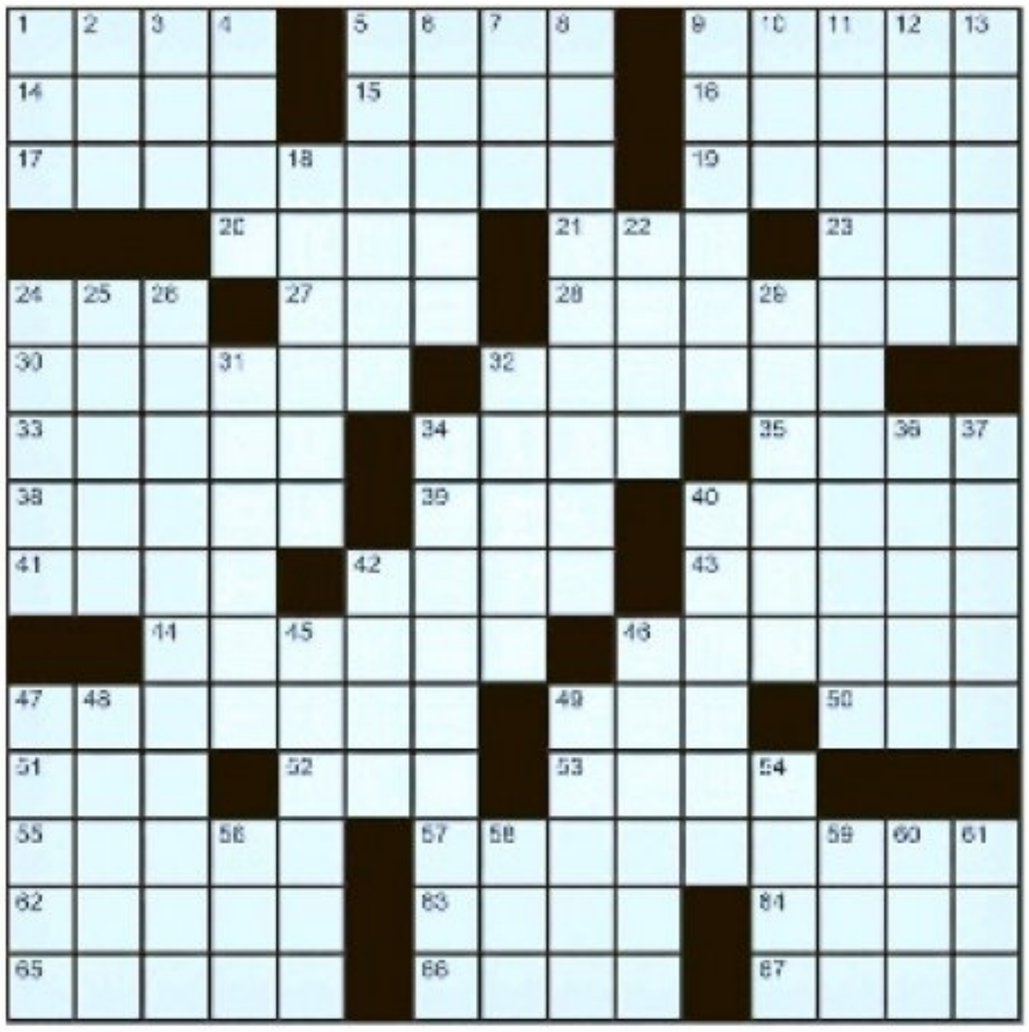
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Axillary
5. Sweat-less toiletry
9. "Heroes" singer David (Father of Duncan Jones, director of #28-Across)
14. __ Nobis Pacem (Latin for 'give us peace')
15. Columbus, __
16. Equally peculiar: 2 wds.
17. Beach protectant
19. 'The King' of France: 2 mots
20. Mama's man
21. "Volare (__ Blu Dipinto Di Blu)"
23. Li'l Round Table title
24. Cleave
27. Clear
28. World in new fantasy/action flick "Warcraft" (2016)
30. Left
32. Elizabeth Taylor's 2x hubby Richard
33. Maps book
34. Large, informally
35. Jaunt
38. Ancient Greek city-state
39. Shakespearean suffix
40. Rock
41. Foul food
42. Coin insert place
43. Terminate
44. Canadian bakery since 1882
46. Sensitive
47. Revolved as the Moon around the Earth
49. Fasten
50. Holy ones [abbr.]
51. Old French coin
52. __, May, June...
53. Alter
55. Helpful, as a gadget
57. __ hearts (In-a-jar grocery purchase)
62. Microphone pro on stage
63. Slight
64. Phone button 0's letters
65. Peter of Peter and Gordon
66. Keen
67. Phoned

DOWN
1. Magazine pages, e.g.
2. Mr. Ferrigno
3. Ms. Landers
4. Grate
5. Sluggish
6. Leading
7. Make up stuff
8. Son of Queen Victoria who was Governor General of Canada from 1911 to 1916: Prince Arthur, 1st Duke of __ and Strathearn (b.1850 - d.1942)
9. The National __ of Canada
10. 'Lact' suffix
11. What city construction crews do at times: 3 wds.
12. Aerosmith's "__ Want to Miss a Thing"
13. The Age of Innocence novelist Ms. Wharton
18. Soap brand
22. Poet Mr. Pound
24. Bunches
25. Glorify
26. Rural town in southern Saskatchewan that's about 40 minutes from the Montana border ...sounds like a cluster of weeping trees?: 2 wds.
29. Decayed
31. Taiwan's capital
32. Back at the track: 2 wds
34. TV: Soap opera component
36. Map detail
37. Equals
40. Beautiful, as landscape
42. Dance move
45. One not leaving, say
46. Cleaned up
47. Ice Cube, aka __ Jackson
48. Wanders
49. Laboratory: __ dish
54. Thunder god
56. "Mr. D" on CBC star Gerry
58. Title for Jesse Jackson [abbr.]
59. __-locka, Florida
60. "Jeopardy!" champ Mr. Jennings
61. Work unit

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You might focus on a pet today or deal with its needs. In the bigger picture, you want to get better organized and be more efficient about everything.

Taurus April 21 - May 21
This is a playful day! (How perfect — it's Friday!) Take a minivacation. Enjoy flirtations, fun and adventure, sports events, musical performances and playful times with children.

Gemini May 22 - June 21
Home, family and your private life are your primary focus today. A conversation with a female relative might be significant. If possible, enjoy cocooning at home.

Cancer June 22 - July 23
You're on the go! Short trips and a chance to see new places and talk to new faces will please you. Trust your hunches.

Leo July 24 - Aug. 23
Financial issues are important today. This is a good day for business and commerce. You will want to take care of what you own by repairing or cleaning it. (Good idea.)

Virgo Aug. 24 - Sept. 23
The Moon is in your sign today, which will bring you a bit of extra good luck. However, it also can make you more emotional than usual. Stay chill.

Libra Sept. 24 - Oct. 23
You will prefer working alone or behind the scenes today, because you need a little peace and quiet. However, if you get a chance to travel, grab it!

Scorpio Oct. 24 - Nov. 22
A discussion with a female acquaintance will be significant today. You might want to share your hopes and dreams for the future with someone. (This is a good idea, because this person's feedback will help you.)

Sagittarius Nov. 23 - Dec. 21
Personal details about your private life are made public today. (Quite likely, you are aware of this.) Don't worry; it's not something to be concerned about.

Capricorn Dec. 22 - Jan. 20
Do something different today, because you want to expand your horizons and experience adventure! Ideally, you want to learn something new.

Aquarius Jan. 21 - Feb. 19
Discussions about shared property, inheritances, taxes and debt will be prominent today. You might focus on the wealth of someone else; you might envy it.

Pisces
Feb. 20 - March 20
Today the Moon is opposite your sign, which means you have to compromise and go more than halfway when meeting others. This is minor, but it's there.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

4			3		2	6		8
		5						
6				8			9	
5				6				1
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						5		
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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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2	8	7	5	6	9	4	3	1
4	1	9	7	2	3	8	5	6
6	3	5	8	4	1	2	7	9
8	9	3	2	1	6	5	4	7
5	2	6	9	7	4	3	1	8
7	4	1	3	8	5	9	6	2
9	7	4	6	3	2	1	8	5
3	5	8	1	9	7	6	2	4
1	6	2	4	5	8	7	9	3

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